Bouncing Back

Resiliency

- Life is full of ups and downs
- We all face daily struggles, conflicts and have coped with them!

Resiliency is the ability to bounce back from adversity

Resilient People

- **Cope with Stressors in life and become *STRONGER!***
- **Bounce back from problems with more smarts and power!**
- **Others view as Buoyant and Elastic!**

Resiliency

We can improve & develop our resiliency skills!

- **We all want to get through setbacks quicker and better!**
- **Recover faster from adversity!**
- **Takes practice…**

Resiliency Tip

Discover new strengths by overcoming adversity!

-Dr. Paul Pearsall

How to Improve Resiliency

See change as part of life!

- **You can’t fight change which is a constant- so accept it!**
- **Consider embracing change!**

Resiliency Expert Tip

Use the Serenity Prayer

God, Grant me the Serenity to
Accept the things I cannot change,
the Courage to change the things I can,
And the Wisdom to know the difference.

Take Charge!

Going postal or avoiding the problem usually does not help

- **Stay cool, calm & collected**
- **Manage your attitude & behavior**
- **Find ways to solve the problem when you are in control and have a plan!**

Think Positively!

An Optimistic outlook is helpful!

- **A Hopeful perspective makes a difference**
- **Positive thinking makes it so!**
- **See yourself as achieving and succeeding!**

We can’t control everything that happens in life, we can control our attitudes and responses

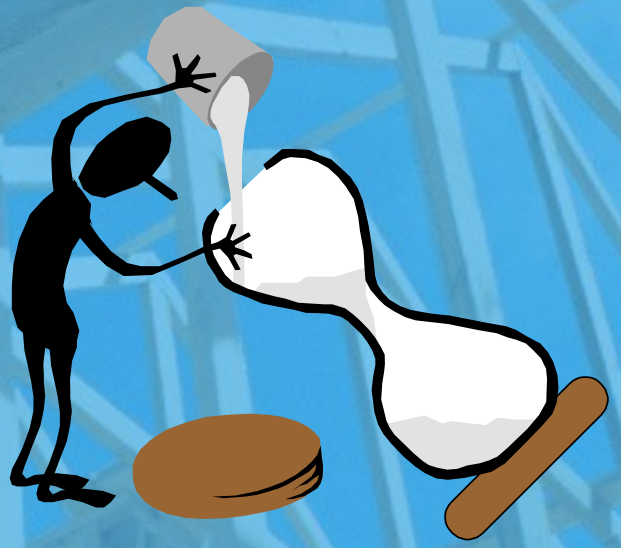
- **Lou Tice**

Keep Your Perspective

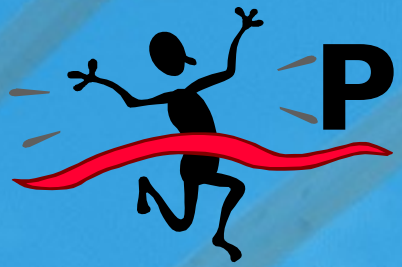
- You may limit your options with a poor perspective
- Remember what your family taught you- the situation will blow over!
- Use a long range view to cope with current problem

A negative view may do you in!

Resiliency Expert Tip



- Monitor your perceptions of the event
- Monitor your reactions
- Change your view and responses as needed so you can manage them effectively!



Practice Self-Care

- **Exercise, rest & sleep, eat well and relax often!**
- **Find fun hobbies & activities and engage in frequently**
- **Can best handle problems when body, spirit & mind are nourished…**

Take good care of yourself!

Lessons Learned

- Review how you have effectively handled past stressful & difficult times
- Use similar resiliency strategies with tackling present problems
- Know that you can handle

Resiliency Expert Tip

- **Try a new approach or strategy when old ones are not working or fail!**

Game Plan

- How do you plan to bounce back?
- What are your best rebounding skills and strategies?
- How and when will you use resiliency skills?
- Who are your coaches?

Equip your mind and body to deal with stresses that come your way!